**First 5k 2020**

**Terms and Conditions**

These booking terms and conditions apply to everyone who takes part in First 5k and those who attend as spectators. They contain important information regarding participation. Upon registration to this event you agree to and accept these terms and conditions.

**Terms and Conditions and Rules of Entry.**

**1. General**

* All participants taking part in First 5k do so at their own risk. In no event shall St Elizabeth Hospice be liable for any injuries, loss or damages whatsoever, including indirect, punitive, special, incidental or consequential losses connected with any aspect of this event.
* If you are pregnant, please see section on Safety for more information.
* If necessary, you should gain advice from your GP as to whether you are physically prepared to undertake the challenge.
* Photographs will be taken of participants throughout the event. These will be used on promotional materials. We understand that in some cases people cannot be photographed so it is the participant’s responsibility to let staff know at registration if you do not want to appear in any such materials.
* No animals are allowed to take part or accompany participants along the route. If taking your dog please keep it on a lead at all times and away from the course. This is for the safety of your dog and other participants.
* Under no circumstances can any paid or complimentary tickets be sold, bought or passed on. It is a criminal offence to do so and St Elizabeth holds the right to refuse entry to participants that are not registered correctly through the hospice.
* St Elizabeth Hospice reserves the right to offer promotional discounts and competitions whilst the event is open for registrations, refunds will not be granted to those that don’t sign up during a discount promotion or competition

**2. Booking process, prices and payment**

* The entry fee is non- refundable and non-transferable.
* Participants must be aged 18 and over to take part in the event

Tickets are prices at £10 per person (£5 if booked during the early bird period, available up until the 20th of December 2019)

* You will receive confirmation of your online booking via email with further details about arrival times etc.
* Closing date for entries online is midday on Thursday 12th March 2020
* It may be possible to register on the day of the event depending on entries received
* The ticket price covers administration of your entry and contributes to the cost of the event therefore we encourage you to raise as much in sponsorship as you can.

**3. Sponsorship**

* By signing up to the event you are pledging to raise £100 for St Elizabeth Hospice as part of your challenge. Every penny you raise will go towards helping improve the lives of those with a progressive illness in the local community.
* It is a St Elizabeth Hospice Event, so fundraising for any other charity is not permitted.
* You are not permitted to use any of the sponsorship money that you raise in relation to First 5k to pay for your expenses. If you do not pass all of the money that you raise to St Elizabeth Hospice you may be committing a criminal offence.

**4. Safety**

* The course is approximately 5km. It is not a race and is a non- competitive, non-timed event. Participants can walk, jog or run.
* Please wear sensible footwear.
* Everyone is welcome to take part. For those that have a disability, due to the nature of the event and the location there may be some uneven terrain. Please contact the Hospice prior to booking for more details 01473 723600.
* On no account is alcohol to be brought into the event site or consumed during the event. St Elizabeth Hospice reserves the right to refuse entry to anyone under the influence of alcohol.
* If you are pregnant we advise you not to take part, however you can do so at your own risk. St Elizabeth Hospice is not responsible should an accident occur which could potentially cause harm to mother or child.

**5. Changes to the Event**

* St Elizabeth Hospice reserves the right to alter the start time at any time.

**6. Cancellation**

* St Elizabeth Hospice reserves the right to cancel this event at any time. In the event of this happening, St Elizabeth Hospice will endeavour to reschedule the event and invite all those already signed up to the revised date.

**7. Publicity**

* Photographs and videos may be taken at the event for publicity purposes. These will be taken by staff members or contractors brought in by the hospice. Please alert a staff member on the day if you have any concerns.

**8. Data protection**

* The information you provide at registration will be shared only with St Elizabeth Hospice. It will not be shared with any other hospice or organisation.

**9. Disclaimer**

* All participants taking part in the First 5k do so at their own risk. In no event shall St Elizabeth Hospice or Suffolk County Council be liable for any injuries, loss or damages whatsoever.

If you have any questions about The First 5k please contact St Elizabeth Hospice on 01473 723600 or fundraising@stelizabethhospice.org.uk